

TRICITY

TMG209



Microwave Oven with Grill

Instruction Manual

Important Safety Instructions

WARNING

RISK OF ELECTRIC SHOCK. DO NOT DISMANTLE

Please follow all the precautions listed below for safety and to reduce the risk of injury or electrical shock.

- Read all the instructions and retain them.
- Before use check that the voltage stated on the rating plate on the rear of your microwave oven corresponds to your mains voltage.
- The mains socket must be well earthed. Do not plug the oven into a mains adaptor into which other units are connected.
- WARNING: If the door or door seals are damaged, the oven must not be operated until it has been repaired by a competent person.
- WARNING: It is hazardous for anyone other than a competent person to carry out any service or repair operation that involves the removal of a cover which gives protection against exposure to microwave energy;
- Do not use the microwave oven with a damaged cord or plug or after the appliance has malfunctioned or is damaged. Seek expert assistance.
- Do not touch hot surfaces. Use handles or knobs only. Allow the appliance to cool before cleaning.
- WARNING: Do not operate the microwave oven empty. This could cause damage to the oven.
- Do not immerse the body of the microwave oven or the electrical cord or plug in water or liquids.
- Do not place the microwave oven on or near a hot gas or electric burner.
- Use the appliance on a stable heat-resistant surface.
- Never leave the microwave oven unattended when it is operational.
- Make sure that the power cable does not touch any hot surface or overhang a table edge.
- Do not use the microwave oven outdoors.
- Unplug the oven when not in use and before cleaning.
- Do not obstruct the ventilation slots or place objects on top of the oven.
- Do not use attachments or accessories not recommended by the manufacturer.
- This appliance is not intended for use by persons (including children) with reduced physical, sensory or mental capabilities, or lack of experience and knowledge, unless they have been given supervision or instruction concerning use of the appliances by a person responsible for their safety
- Children should be supervised to ensure that they do not play with the appliance.
- **WARNING:** Only allow children to use the oven without supervision when adequate instructions have been given so that the child is able to use the oven in a safe way and understands the hazards of improper use.
- Heat-insulation (oven) gloves should be used when removing a hot container from the oven.
- Do not use the microwave oven for any purpose not expressly specified in this manual.
- When not in use, do not store utensils, food or other objects in the oven.
- There are no user serviceable parts in your microwave oven. Unauthorised dismantling or servicing will void the product warranty.

When cooking with your oven:

- Only use utensils that are suitable for use in microwave ovens.
- When heating food in plastic or paper containers, keep an eye on the oven due to the possibility of ignition.
- If you use plastic film when re-heating or cooking food use only film designed for microwave ovens and ensure that the film does not touch the food. If necessary, prick the film all over to allow steam to escape.
- Grill & microwave/grill cooking: Do not use paper or plastic containers, or plastic film. Utensils for combination-cooking should be heatproof and microwave safe.
- Use your microwave oven only to heat food.
- Do not heat oil for frying, or try to fry food in the microwave oven. The oil could catch fire.
- Liquids and other foods must not be heated in sealed containers since they are liable to explode. If covered containers are used, the covers should be loose. Move such containers to and from

the oven with care as food may splash and the lid may fall.

- Eggs in their shells (whether raw or cooked), fruits in thick skins and nuts in their shells should not be heated in the microwave as they may explode even after microwave heating has ended.
- Items such as potatoes, sausages and chestnuts must be peeled or pierced thoroughly before cooking.
- The contents of feeding bottles and baby food jars shall be stirred or shaken and the temperature checked before consumption, in order to avoid burns.
- Microwave heating of beverages can result in delayed eruptive boiling, therefore care must be taken when handling the container.
- Food can burn if overcooked. If you are unsure about how long to cook a food for, start with a short cooking time, and check the food regularly.
- Clean the inside of your microwave regularly and remove any food deposits.
- Failure to maintain the oven in a clean condition could lead to deterioration of the surface that could adversely affect the life of the appliance and possibly result in a hazardous situation.
- If smoke is observed, switch off or unplug the appliance and keep the door closed in order to stifle any flames.

CAUTION: When Using the Grill:

- Use oven gloves when inserting and removing utensils when the grill is on. DANGER OF BURNS.
- When you remove utensils from the oven, place them on a heatproof surface, or on an insulating mat.
- Keep small children away from the grill and hot dishes
- Children should only use the oven under adult supervision due to the temperatures generated.

ELECTRICAL INFORMATION

Before using this appliance ensure that the voltage of your electricity supply is the same as that indicated on the rating plate of the appliance

THIS APPLIANCE MUST BE EARTHED.

The disconnect device for this appliance is the mains plug. The mains plug must not be obstructed in any way and must remain readily removeable from the mains supply.

Useful Information

About Your Microwave Oven

Microwave cooking is very quick and efficient. Microwave cooking can also help preserve the minerals and vitamins in many foods.

The microwave power output of your oven is 800 watts.

Because the temperature in a microwave oven is relatively cool (unlike a normal oven) you have to remember that the food can be extremely hot. Always take precautions when handling containers.

Radio Interference:

Operation of the microwave oven can cause interference to your radio, TV or similar equipment. When there is interference, it may be reduced or eliminated by taking the following measures:

- Clean the door and sealing surface of the oven.
- Reorient the receiving antenna of radio or television.
- Relocate the microwave oven with respect to the receiver.
- Move the microwave oven away from the receiver.

Suitable and unsuitable containers

Some basic guidelines are given in the table below.

Cookware	Microwave	Grill	Combination*
Heat-Resistant Glass	✓	✓	✓
Non Heat-Resistant Glass	✗	✗	✗
Heat-Resistant Ceramics	✓	✓	✓
Microwave-Safe Plastics	✓	✗	✗
Kitchen Paper	✓	✗	✗
Metal Trays / Metal Racks	✗	✓	✗
Aluminium Foil	✗	✓	✗
Metal Foil Containers	✗	✓	✗

(*Combination refers to microwave + grill cooking)

Use heat resistant porcelain, glass or plastic containers made for microwave ovens, otherwise there is a risk of shrinking, deforming or burning. Metal containers, or containers having metal decoration or trim are not suitable for use with your microwave oven.

When you are combination cooking, the container must be fully heatproof as well as suitable for microwave cooking.

Avoid containers which narrow at the top as these may cause the contents to erupt when removed from the oven.

Tesco stores stock a wide range of microwave containers and wraps designed for microwave ovens. Plastic films should not touch food as they may gas, melt or break down when hot and contaminate food.

Wax paper, oven cooking bags, parchment paper and white microwave paper towels are safe for microwave use. Wooden objects may catch fire - so avoid their use.

Do not use aluminium foil for microwave cooking unless the recipe requires it. Keep foil at least 25mm away from the oven walls. Metal skewers, ties, etc. should be removed from food before cooking.

Cooking In your Oven

Your oven can carry out a number of cooking processes.

- Basic Microwave Cooking
- Basic Grilling
- Microwave/Grill combination cooking

In his last process, food is partially cooked by microwaves and then finished by grilling. This accelerates the cooking process whilst maintaining the finish and texture of traditionally cooked foods. There is also a programme that enables you to defrost frozen food and then combination cook it thus completing the entire cooking process in one operation.

Preset cooking programmes

Your oven has 9 preset programmes. These programmes allow you to automate the cooking of a range of standard foods for greater convenience.

So you can just select the programme, dial in the amount of food you want to cook and the oven will do the rest!

Unpacking and Assembly

Getting Started

Please make sure you read all the instructions and the safety notes carefully and that you familiarise yourself with the features and operation of your oven before use.

Unpacking the Microwave Oven

Remove the polystyrene top packing pieces and lift out the oven.

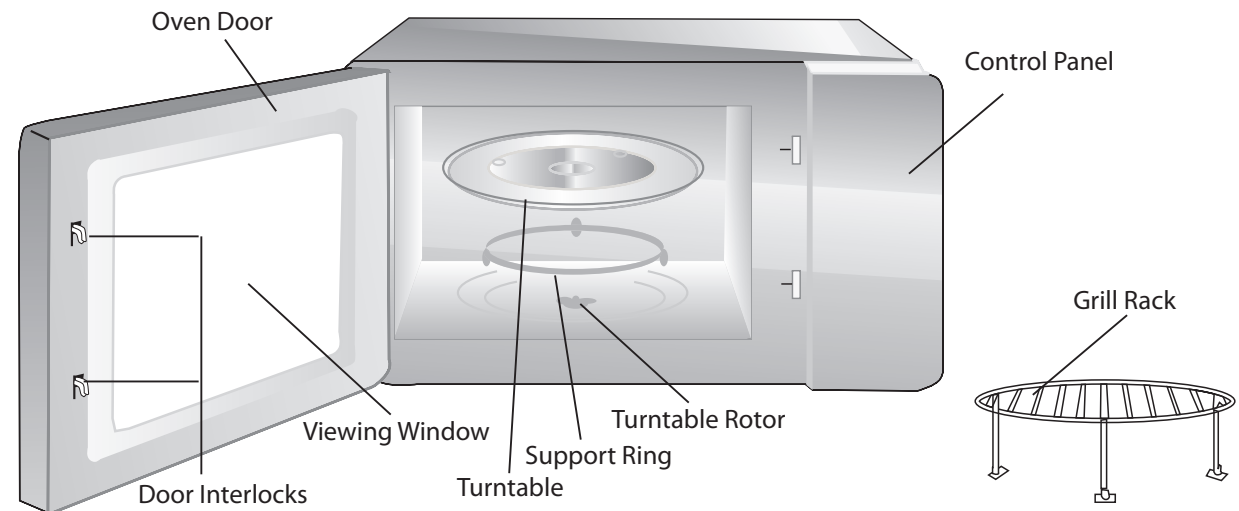
Unpack the oven completely removing all the protective tape.

Open the oven door. In the oven compartment you should find the turntable and rotating support ring, and the grill rack. Unpack all these items.

Check the oven carefully, especially the door, door seals and the locking mechanism. If any items are missing or damaged, contact your nearest Tesco store for assistance.

If possible retain the packaging. If you dispose of the packaging, do so having regard to recycling provisions in your area.

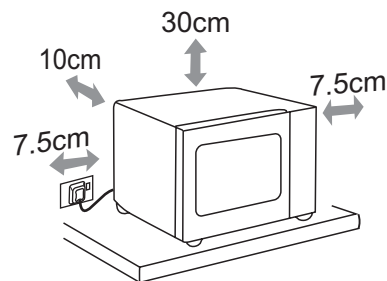
Features and Controls



Assembly and Placement

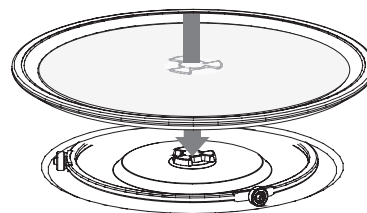
Place your microwave oven on a flat, level stable work surface away from sources of cold, heat and damp.

For good ventilation, the rear of the oven should have a clearance of at least 10 cm from the wall, the free distance above the top should be at least 20 cm and there should be a gap of at least 5 cm at both sides.



Installing the Turntable

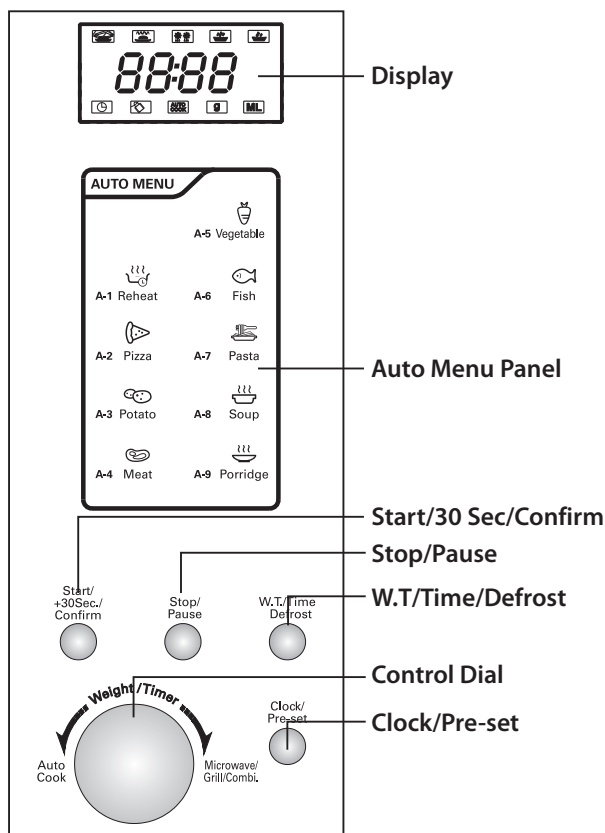
- Open the oven door.
- Place the Turntable Support Ring in the oven
- Lower the turntable onto the Rotor. There is a recess in the turntable to lock securely on the rotor.
- You must always operate your microwave oven with the turntable assembly properly in place.



The oven should be plugged directly into the wall socket and not via an adaptor or any other power sharing device.

Basic Procedures

The Control Panel



The Display: Displays all current cooking and time events.

Start/30 Sec/Confirm: Press to start the oven, add time (in 30 sec increments), confirm an action when combi-cooking.

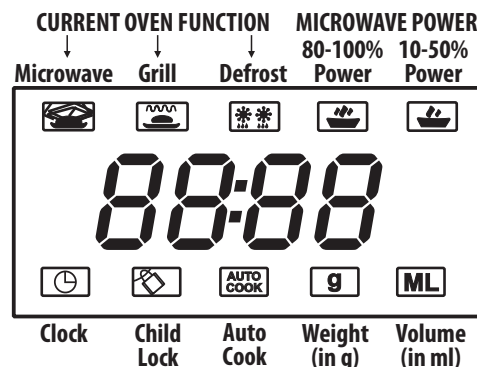
Stop/Pause: Press to pause or stop the oven, or cancel a program.

W.T/Time/Defrost: Press to defrost food by weight or time.

Weight/Timer Dial: Use to add weight and time, select Auto Cook programs and select Combi-cooking programs.

Clock/Presets: Press to Set the clock, set a preset cooking time. During cooking, press to check the clock or preset cooking time.

The Display Screen



Around the perimeter of the screen there are icons. These icons, singly or in combination give you a visual indication of the process which the oven is carrying out.

When executing a program the digital display indicates the amount of cooking time remaining on the program.

USING THE OVEN

SWITCHING ON

- Unwrap and uncoil the power cord fully.
- Plug the mains plug into a suitable wall socket.
- Switch the mains power on.
- Your oven is now ready to be programmed

SETTING THE CLOCK

When first switched on the display will indicate "00". You can choose either a 12 or 24 hour clock. If you choose the 12 hour clock, AM and PM are not indicated.

To enter a time of 19:30 (7:30pm)

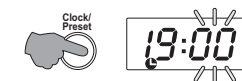
- Press the **Clock/Presets** button:
Once to select a 24 hour clock
(Twice selects a 12 hr clock)



- Rotate the **Weight/Timer** knob to select 19 hours.



- Press the **Clock/Presets** button:



- Rotate the **Weight/Timer** knob to select 30 minutes



- Press the **Clock/Presets** button:
The time is now set. The clock indicator goes out.



You can check the clock at any time when cooking is in progress by pressing the **Clock/Presets** button.

You may reset the clock time whenever you wish.

CHILD LOCK

The Child safety lock prevents operation by small children. The oven cannot be operated while the child lock is on.

- Press and hold the **Stop/Pause** button until a beep sounds and the LOCK indicator lights.



- To cancel, press and hold the **Stop/Pause** button until the LOCK indicator goes off.



BASIC MICROWAVE COOKING

Open the oven door. Place the food in the centre of the oven on the turntable. Close the door.

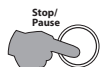
Procedure: Select the microwave power: Confirm the setting: Select the cooking time: Start the cooking process.

Method:

- Press **Stop/Pause** to clear any previous setting
- Rotate the **Weight/Timer** Knob to select a microwave power. The **MICRO** indicator on the display lights to show the microwave function. The power level is also indicated.
- Press the **Start/+30Sec/Confirm** button to set the level.
- Rotate the **Weight/Timer** Knob to set a cooking time
- Push the **Start/+30Sec/Confirm** knob to start the oven.

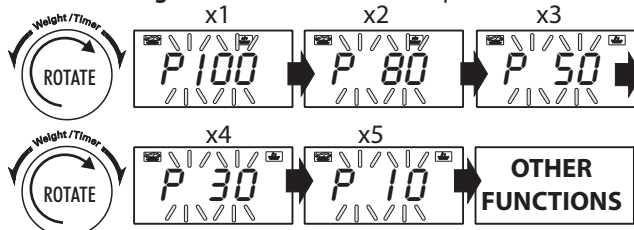
Power Microwaving and Grilling

1: Press Stop/Pause to clear any program.



2: Set the Microwave power level

Rotate the **Weight/Timer** knob to select the power level.



3: Confirm the level

Press the **Start/+30 sec./Confirm** button



4: Set the cooking time

- Rotate the **Weight/Timer** knob clockwise to increase and anticlockwise to decrease the time



Rotating the knob alters the cooking time:

0- 1 minute: Each click alters the time in 5 second intervals.

1- 5 minutes: Each click alters the time in 10 second intervals.

5- 10 minutes: Each click alters the time in 30 second intervals.

10- 30 minutes: Each click alters the time in 1 minute intervals.

30- 95 minutes: Each click alters the time in 5 minute intervals.

The maximum cooking time is 95 minutes. Once the **95:00** mark is reached, rotating the **Weight/Timer** knob clockwise will start the time cycle again from **:10** (10 seconds). To reduce the time, turn the knob anticlockwise.

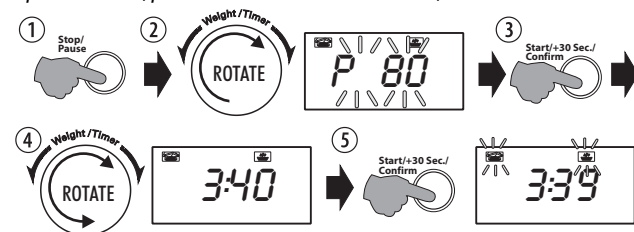
5: Start the oven

Press the **Start/+30 sec./Confirm** button.



Example: Cook food for 3 minutes 40 seconds at 80 % power:

Open the door, place the food on the turntable, Close the door. Then:



When the cooking cycle is over: The oven will 'beep' five times, and reset to the clock time.

- Wait a short time and then open the door and remove the cooked food. Close the door.

During Cooking:

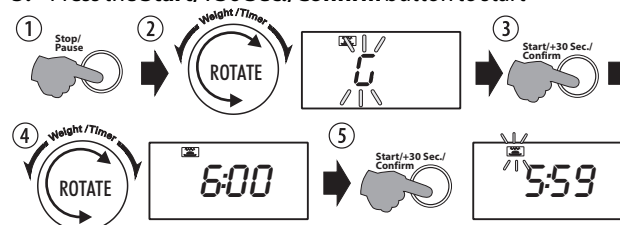
- To interrupt cooking:** Open the oven door or press **Stop/Pause** once.
- To resume cooking:** Close the door (if open); press the **Start/+30 Sec./Confirm** button.
- To cancel a program:** Press **Stop/Pause** twice.
- To check the clock time during cooking:** Press the **Clock/Preset** button.
- To add time on to a cooking program:** Press the **Start/+30 Sec./Confirm** button. Each press adds 30 seconds to the cooking time.
- To cancel a program:** Press **Stop/Pause** twice.

USING THE GRILL

The grill is useful for cooking thin slices of meat, steaks, kebabs, sausages and pieces of chicken. It is also suitable for hot sandwiches and au gratin dishes. Grilling takes place at full power. The maximum time available for grilling is 95 minutes.

Example: To grill food for 6 minutes:

- Press **Stop/Pause** to clear any program.
- Rotate **Weight/Timer** to the right until "G" (Grill) appears.
- Press the **Start/+30 Sec./Confirm** button to confirm
- Rotate **Weight/Timer** to the right to select 6 minutes.
- Press the **Start/+30 Sec./Confirm** button to start



Half way through cooking the oven will beep twice. This to remind you that you need to turn the food over.

Open the door, turn the food with heatproof tongs and close the door and press the **Start/+30 Sec./Confirm** button to continue.

When the cooking cycle is over: The oven will 'beep' five times, and reset to the clock time.

Points to remember when grilling:

- Use a metal grill rack (supplied) so that food can drain.
- Do not overload the grill rack. Space the food out.
- Brushing the grill rack very sparingly with vegetable oil will stop food adhering to it and make washing up easier.
- Always stand the grill rack in a heatproof ceramic dish. This will catch drips and help keep the oven clean.
- Do not use the grill without the turntable in place. The turntable helps the food to cook evenly.
- When removing or turning over food use heatproof tongs or a similar implement.
- When removing or inserting the provided grill rack into a hot oven use a suitable heatproof implement.

CAUTION:

When you use the grill, the cooking utensils and the interior of the oven get very hot, much hotter than when you are using the oven as a regular microwave.

Always stir food with long handled implements, tongs, etc.

Always use oven gloves when removing or placing utensils in an oven where the grill has recently been on. When you set utensils down on a surface make sure it is heatproof or use an insulating mat.

After use allow an extra long period for the oven to cool down before cleaning or re-use.

Express and Combination Cooking

EXPRESS COOKING

Express cooking is a very good way of rapidly heating small portions of food, or easily adding a small amount of cooking time to finish dishes that are slightly undercooked.

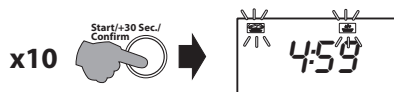
By pressing the **Start/+30 sec./Confirm** button repeatedly you can program the oven for Express cooking at FULL (100%) power.

- The oven will start immediately so be prepared!

Points to remember with the Express cooking program

- Each press of the **Start/+30 sec./Confirm** button increases the time in 30 second intervals up to 95 minutes (maximum).
- Express Cooking always takes place at full power.

Example: To express cook food for 5 minutes



COMBINATION COOKING

Combination Microwave and grill cooking offers you the speed of a microwave oven with the finish and taste of a conventional grill. To help you realise the potential of this form of cooking, we advise you to buy a recipe book dedicated to this cooking art.

There are two Combi-grill programs. They both work in exactly the same way but have different settings. Both microwave the food first and then grill it to give a browned, tasty finish.

COMBINATION 1: Microwaves the food for 55% of the total time and grills it for 45%. Use this program for puddings omelettes, baked potatoes and poultry.

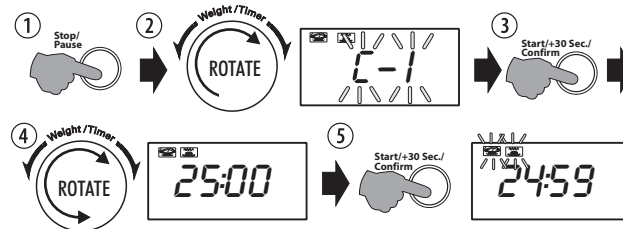
COMBINATION 2: Microwaves the food for 36% of the total time and grills it for 64%. Use this program for fish, potatoes, and 'au gratin' dishes.

Setting a combi-grill program

- 1: Press **Stop/ Pause** to clear any program.
- 2: Rotate **Weight/Timer** to the right until "C-1" or "C-2" appears.
- 3: Press the **Start/+30 Sec./Confirm** button to confirm.
- 4: Rotate **Weight/Timer** to the right to select 6 minutes.
- 5: Press the **Start/+30 Sec./Confirm** button to start.

The longest cooking time for either program is 95 minutes

Example: To set a Com 1 cooking program taking 25 minutes:



When the cooking cycle is over: The oven will 'beep' five times,

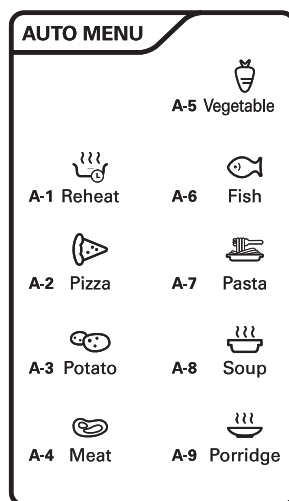
Auto Cooking and Defrosting

AUTO-COOKING

The AUTO COOKING MENU facility has 9 settings for cooking or reheating foods.

Auto Cooking is designed to automate the cooking of commonly used basic foods. The menu is printed on the Control Panel for handy reference.

The result of auto cooking depends on factors such as the temperature of the food, its shape and size, personal preference and so on. If you find the result not entirely satisfactory, adjust the cooking times to personal taste.



All the Auto Cook menus are set up in the same way:

- 1: Press **Stop/Pause** to clear any program.
- 2: Rotate **Weight/Timer** to the **left** until "A-1" to "A-9" appear.
- 3: Press the **Start/+30 Sec./Confirm** button to confirm.
- 4: Rotate **Weight/Timer** to the **right** to select the quantity or volume of food according to the menus given in the table.
- 5: Press the **Start/+30 Sec./Confirm** button to start. The program will automatically determine the cooking method and time.

AUTO-COOKING TABLE

SELECT PROGRAM		CONFIRM		SELECT AMOUNT		START	
Weight/Timer CLICK TO LEFT		Start/+30 Sec./Confirm		Weight/Timer ROTATE		Start/+30 Sec./Confirm	
		AMT.	COOK TIME	AMT.	COOK TIME	AMT.	COOK TIME
A-1	Reheat	200g	1m: 40sec.	400g	3m: 0 sec.	600g	4m: 30 sec.
A-2	Pizza	200g	2m. 30sec.	400g	4m. 10 sec.		
A-3	Potatoes	200g	4m: 40 sec.	400g	8m: 40 sec.	600g	10m: 10 sec.
A-4	Meat	250g	4m: 10 sec.	350g	5m: 10 sec.	450g	6m: 30 sec.
A-5	Vegetable	200g	3m: 30 sec.	300g	4m: 20 sec.	400g	5m: 10 sec.
A-6	Fish	250g	3m: 50 sec.	350g	4m: 50 sec.	450g	6m: 20 sec.
A-7	Pasta*	50g	17m: 30 sec.	100g	20m: 0 sec.		
A-8	Soup	200ml	2m: 0 sec.	400ml	3m:10 sec.		
A-9	Porridge	550g	8m: 0 sec.	1100g	12m: 0 sec.		

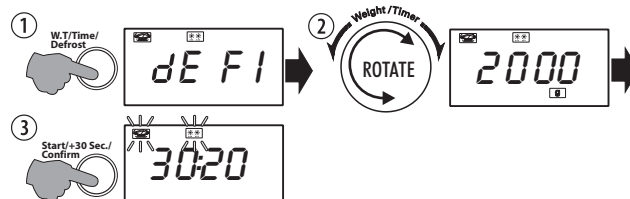
AUTO DEFROST

With the Auto Defrost programme you can defrost food either by dialling in the weight of the food or if the food packaging has a microwave defrost time, you can dial in the Defrost time.

You can auto defrost 100g to 2.0 kg of food.

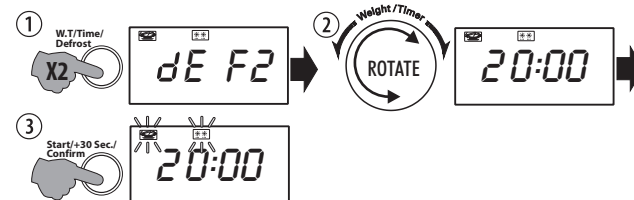
Example 1: Auto Defrost 2 kg of food (Defrost Program 1)

- 1 Press **W.T/Time/Defrost** once: The oven indicates **Def 1**
- 2 Rotate **Weight/Timer** knob to dial in the weight of the food.
- 3 Press the **Start/+30 Sec./Confirm** button to start. The programme automatically calculates the time required.



Example 2: Auto Defrost food for 20 min. (Defrost Program 2)

- 1 Press **W.T/Time/Defrost** twice. The oven indicates **Def 2**
- 2 Rotate **Weight/Timer** knob to dial in the time..
- 3 Press the **Start/+30 Sec./Confirm** button to start. You can set a defrost time up to 95 minutes.



When defrosting:

Stop the oven periodically to remove or separate defrosted portions.

Periodically check food during the defrosting process, turning it if necessary.

When using plastic containers, defrost only just long enough to remove from the plastic and place in a microwave-safe dish.

When the defrost cycle is over: the oven will beep 5 times.

- Open the oven door.
- **You should now ensure the food is fully defrosted before proceeding. If the food is not defrosted program the oven in one minute increments until totally defrosted.**
- **Always ensure that food is fully defrosted before cooking. This is particularly important with poultry and pork.**

Time Delayed Cooking

TIME-DELAYED COOKING

The oven can be set to switch on at a pre-set time. The oven clock needs to be set before you can carry out this procedure - see P 5.

CAUTION: *Lengthy time delayed cooking should not be used with with foods containing fresh milk or perishables. Be extra careful in hot weather.*

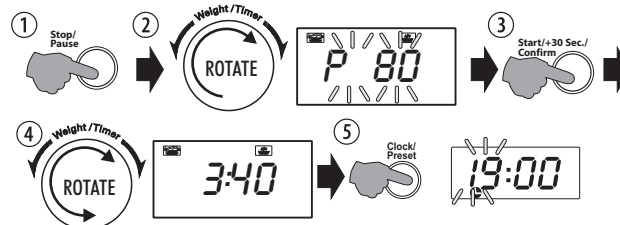
Although you can select any Auto-Cook menu, a Grill or Combi-Cook programme or a microwave only programme at a power of your own choosing, we recommend that delayed cooking should be used only with microwave cooking.

You cannot Time delay a Defrost programme.

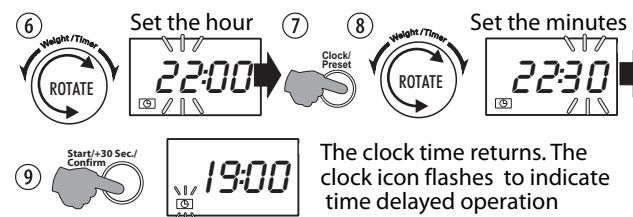
- 1: Press **Stop/Pause** to clear any programme.
- 2: Rotate **Weight/Timer** to select a cooking programme.
- 3: Press the **Start/+30 Sec./Confirm** button to confirm.
- 4: Rotate **Weight/Timer** to the right to select the amount.
- 5: Press the **Clock/Pre-Set** button. The current time flashes.
- 6: Set the programmed time as per clock setting.
- 7: Press the **Start/+30 Sec./Confirm** button to confirm.

Example: The time is 7:00 PM (19:00). Set a time of 10:30 PM (22:30) to start microwaving food for 3 min 40sec at 80%

STAGE 1: SET UP THE BASIC PROGRAMME



STAGE 2: SET THE START TIME



The clock time returns. The clock icon flashes to indicate time delayed operation

When the pre-set time arrives: The oven beeps twice and commences the cooking cycle.

Note: Pressing the Stop/Pause button at any time while setting the programme or during the waiting period will cancel the complete procedure.

TIPS FOR GOOD COOKING

Please read this section in conjunction with the Safety Guide on Page 2.

- Stir liquids and purees before during and after cooking to distribute the heat evenly. Mashed potato will cook more evenly and more thoroughly if lightly covered.
- Never tightly cover food. Always cover it loosely.
- Do not allow plastic film to touch food as it may chemically break down or melt or even catch fire and contaminate the food.
- Arrange food in the dish so that the thicker part is on the outside and the thinner part inside for more even cooking. Fold under the thin edges of fish fillets and tapered foods.
- 5-6 minutes per 500 gr. will cook most fruit and vegetables. Seafood takes less time.
- Different foods require different temperatures to cook. Add more minutes as you drop the power.
- Up to 20% of the cooking takes place after the oven turns off so always remember that your food will continue cooking after you've removed it.
- Food that takes an hour in to cook in a regular oven should take around 15 minutes in the microwave.
- Foods with baking powder should stand a few minutes before cooking to allow the leavening agents to work.
- If a recipe calls for milk and water, reduce the water.
- Rotate large items of food occasionally during cooking to encourage even heat distribution.
- Food cooks best and reheats better in a round dish or a dish with curved sides.
- Salt attracts microwaves. Don't just sprinkle it on food before cooking, stir it in or add it later.
- Fats and sugars attract microwaves - thoroughly mix sugar with other ingredients. Care should be taken when cooking foods with high sugar or fat contents as they can reach very high temperatures.
- Handle pastry-wrapped foods like mince pies carefully as the filling gets hotter than the pastry.

Hints for reheating food

- Heat leftovers and pre-cooked food to at least 70°C. Food should be hot and steaming before it is served.
- When re-heating liquids such as meat stews see that the liquid boils for around 3-5 minutes to ensure the pieces of meat are completely heated through.

Hints for defrosting

- Only defrost food in the microwave if you plan to cook the food immediately after it has thawed. Some areas of the food may begin to cook during defrosting, which can allow bacteria can flourish.
- Remove the food from the wrapping, place it on a microwave safe dish. Rotate and re-arrange food during defrosting. Where appropriate, stir the food and if possible, separate the food items and remove those which have already defrosted.

Steam and Smoke

- Steam is a natural product of microwave cooking. It escapes from the vents in the top and rear of the appliance. These vents should never be blocked.
- Steam may condense in and around the oven during cooking and should be dried off after use.
- If during cooking, smoke starts to come from the oven do NOT open the oven door! Immediately switch off at the mains, unplug the oven and wait for the smoke to completely subside and the oven to fully cool down before removing the food.
- Before you use your microwave oven again, consult a service technician and have the oven tested.

Testing Your Oven

Place a cup of water in the oven and heat it on full power for 2 minutes. If the water gets hot the oven is working.

Dim Oven Light

During low power microwave cooking the oven light may appear to dim slightly. This is normal and not a cause for concern.

If the oven fails to work or will not respond to commands.

Unplug the oven and inspect the plug fuse. If this is intact, leave the oven for 30 minutes and then plug the oven in again. The oven should now work normally.

CLEANING AND CARE

These steps should be taken after every use.

- Disconnect the power supply and wait for the appliance to completely cool down.
- Remove the turntable support ring and the turntable and wash then in warm soapy water.
- Clean the oven cavity, the outer edge of the cavity, and the oven door with water and a mild detergent. A special microwave oven cleaner is not necessary. Do not use scouring pads, or other abrasives.
- Wipe outer surfaces and control panel with a damp soft cloth.
- If liquids have been splashed on the wall of the oven cavity, they must be fully removed otherwise smoke may occur when the appliance is next used.
- If the cavity emits odours, boil a cup of water with a squeeze of lemon juice for 5-7 min. to remove them.
- Dry all parts thoroughly and replace them.

Cooking Times for Fish and Vegetables

APPROXIMATE COOKING TIMES FOR FISH (ON FULL POWER)

Item	Weight	Cooking Time	Standing Time
Cod fillets	450g	3-4 minutes	4-10 minutes
Cod steaks	225g	3-4 minutes	4-10 minutes
Haddock fillets	225g	3-4 minutes	4-10 minutes
Kipper fillets	450g	3-4 minutes	4-6 minutes
Plaice fillets	225g	3-4 minutes	6-8 minutes
Trout (2 fish, gutted but whole) turn fish over half way through		3.5-5 minutes	4-6 minutes

The times given above are approximate and should be adjusted to suit portion sizes and individual taste. The average cooking time for fish is around 3.5 minutes per 450 g (1 lb). The fish should be lightly covered during the standing period.

Is it cooked?

- Temperature should reach 70°C for meat, fish and eggs.
- Fish should be opaque and flake easily.

APPROXIMATE COOKING TIMES FOR FRESH VEGETABLES (ON FULL POWER)

Item	Weight	Added water	Cooking Time
Aubergines (peeled and diced)	450g	30-40 ml	4.5-5.5 minutes
Broccoli (trimmed and sliced into spears)	225g	50 ml	3.5-4.5 minutes
Brussels Sprouts (peeled)	225g	50 ml	5.5-7.5 minutes
Carrots (diced)	225g	30 ml	5.5-7.5 minutes
Cauliflower (in florets)	450g	50-60 ml	7-9 minutes
Courgettes (diced or sliced)	450g	10 ml	5.5-7.5 minutes
Peas (removed from pods)	225g	40-50 ml	4.5-5.5 minutes
Potatoes, jacket (2, scrubbed and pierced all round)	225g	None	7-9 minutes
Potatoes, (in 40mm pieces)	450g	40-50 ml	6-7 minutes
Spinach (shredded)	225g	None	3.5-5.5 minutes

The times given above are approximate and should be adjusted to suit quantities, portion sizes and individual taste. The average cooking time for vegetables is around 5.5 minutes per 450 g (1 lb). When adding salt, mix it with the water or add it after cooking.

To cook vegetables: Mix them with the water in a ceramic curved bottomed bowl and cover lightly. After cooking leave the vegetables to stand for 2-3 minutes before straining (if necessary) and serving.

Warranty and Specifications

WARRANTY

Your Tesco appliance is covered by a warranty for 12 months from the date of purchase. If a fault develops during this period, please contact the TESCO electrical help line on 0845 456 6767. Please have your original purchase receipt with you when you call. This warranty in no way affects your consumer rights.

SPECIFICATIONS

Rated Voltage: 230V~50Hz

Rated Input Power(Microwave): 1250W

Rated Output Power(Microwave): 800W

Rated Input Power(Grill): 1000W

Oven Capacity: 23L

Turntable Diameter: 270mm

Net Weight: 12.8Kg

THIS APPLIANCE MUST BE EARTHED.

Conclusion



Tesco Stores Ltd, Delamare Road,
Cheshunt, Herts, EN8 9SL



UK: Waste electrical products should not be disposed of with household waste. Separate disposal facilities exist, for your nearest facilities see www.recycle-more.co.uk or in-store for details.

ROI: Produced after 13th August 2005. Waste electrical products should not be disposed of with household waste. Please recycle where facilities exist. Check with your Local Authority or retailer for recycling advice.